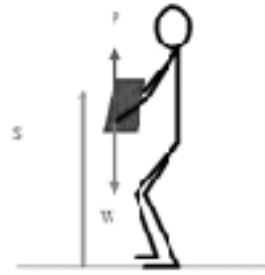
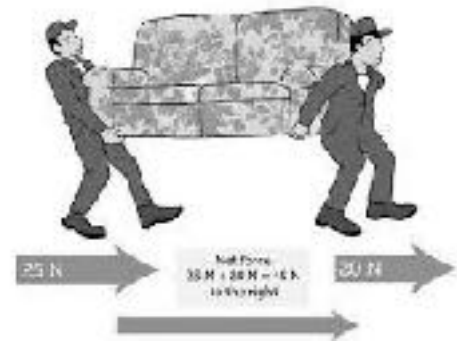


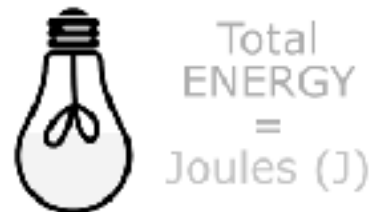
Work is done when a force moves an object through a distance.



The ability to do work or cause change is called energy.



Energy is measured in joules, which is also how work is measured.



Power is the rate at which energy is transferred, or the amount of energy transferred in a unit of time.

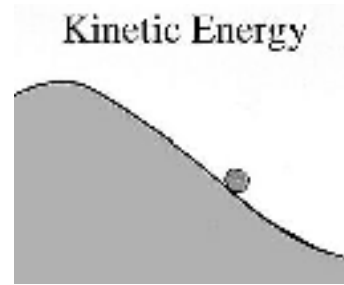
$$P = \frac{W}{t}$$

P = Power

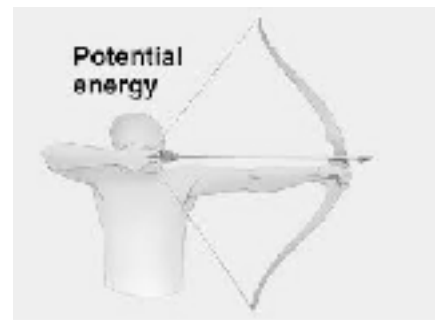
W = Work done

t = Time taken

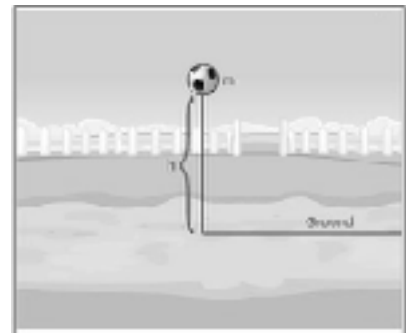
The energy of motion is called kinetic energy.



Energy that is stored and held in readiness is called potential energy.



Potential energy that depends on gravity is called gravitational potential energy.



The potential energy can be stretched or compressed is called elastic potential energy.

